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HARBOUR SPIEL

NOVEMBER 2014
ISSUE 287



Dolphins return to Bargain Harbour
(Story & photos p. 30)



We encourage everyone to come out on November 11 to support our veterans and honour their sacrifice.

The day's ceremonies begin at 10:30 a.m. with a solemn parade through Madeira Park.

It will continue to the Royal Canadian Legion No. 112 where Remembrance Day services will begin at 11 a.m.

Lest we forget . . .



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ART AUCTION

SATURDAY, NOVEMBER 8



Something for every taste and budget, hundreds of pieces from the Sunshine Coast artists and beyond. A welcoming glass of champagne and piano accompaniment by Ken Johnson. Separately the Legion will be serving dinner so set the evening aside, invite friends and support Rotary and the Legion. Dinner tickets will be available in advance at the Legion and at the door.

Above artwork:
"Early Start" by Motoko.

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EDITOR

Brian Lee

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CONTRIBUTORS

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Cover photo: Pacific white-sided dolphin pod in Bargain Harbour Oct. 8. (Brian Lee photo.)

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DECEMBER ISSUE MAILS NOV. 27

editorial

Winter is coming...



By Brian Lee

I'm no more qualified to predict weather than the cat but it seems to me that this might be the year to go out and buy that generator you wished you had on those coffee-less winter mornings.

We've been really lucky the last couple of years with few — if any — significant power outages.

It's partly due to an unlikely stretch of relatively calm winters but also, I think, to the active clearing by BC Hydro crews.

But this fall seems different.

The sudden switch to winter's inevitable southeast winds has been ominously abrupt.

Environment Canada's website has shown a strong wind warning (20-30 knots) or higher almost every day for weeks.

In the last week, I've probably suffered more hours without power than all of last winter.

And it's not even November.

The recent caffeine-free, candlelit mornings reminded me that newcomers to the area are probably oblivious to how quickly our standard of living disappears when the wind blows.

Recall the storms of December 2006 — the year Stanley Park took that terrible beating.

On one of the worst nights, I happened to be in Powell River visiting a friend.

When the ferries finally started running the next day, I landed in Earls Cove to find the Sunshine Coast Highway transformed into a twisted, one-lane tunnel of trees, branches and downed hydro lines.

And when I did get home, my power didn't return for five days.

As a general rule, it's relatively easy to go without power for one or even two days.

Hot water will run for awhile and when it chills, you can go to Sechelt for a swim and hot Chinese food.

Or you can light candles and talk.

But everything changes after three days when rising temperatures in fridges and freezers start costing money in spoiled food.

The rustic novelty is really lost on those without an alternative heat source where life quickly becomes an episode of *Survivorman*.

Hopefully, thoughts turn to elderly neighbours and friends without wood heat because five days is a long time to be without power.

But eight days is a really long time to go without power, which was the case in Egmont that year.

I still feel a sense of survivor's guilt over that one.

That 2006 storm stands out as a nasty one but it's not that far from typical and if the start to this winter is any indication, we should expect some carnage.

So, here's a reminder to stock up on candles, batteries, headlamps and generators — because I don't plan on sharing.

In the 'Of all the things that might have stirred up controversy last month...' file:

Apologies to anyone upset with the *Spiel*'s cover last month. It was intended to be humorous nonsense — not a "misplaced attempt to stir up controversy" nor fulfilling a grudge against the jazz festival. There is no back story to 'Doc Fingers said what?'. Just an attempt by a distracted editor at writing a caption for a woman wearing a humorous look and a really bright shirt. Ditto for the photo of the jazz fest dog on p. 38.

**It ain't real
if it's not in the Spiel.**

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spiel picks

P. H. BLUES SOCIETY HALLOWEEN HOWL: Nov. 1, 8:30 p.m.

The hilarious Halloween tradition featuring outrageous costumes and non-stop dancing with Steve Kozak and the West Coast All-Stars' blues.

13TH ANNUAL ROTARY ART AUCTION: Nov. 8, 6 p.m.

There's nothing better than waking up with a hangover and a new piece of art you don't remember buying. For the first time, the annual art auction will be at the Pender Harbour Legion. Don't miss a fun night and great deals on top quality artwork. Doors open at 6 p.m.

PENDER AUTHOR FRANK WHITE'S BOOK LAUNCH: Nov. 16, 2-4 p.m.

Pender Harbour's Frank White, who turned 100 years old earlier this year, will launch the second volume of his memoirs, *That Went By Fast: My First Hundred Years* at the P. H. School of Music Nov. 16.

P. H. AQUATIC SOCIETY AGM: Nov. 20, 7 p.m.

Find out what keeps our pool running at the PHAS annual general meeting. The P. H. Aquatic Society board was established in the late-1970s when the pool was first envisioned by a small group of residents and they still rely on volunteers to keep the aquatic centre vibrant.

P. H. COMMUNITY CLUB CHRISTMAS CRAFT FAIR: Nov. 22, 10 a.m.

The annual Christmas shopping tradition. Local artisans will tempt you to spend Christmas shopping dollars in the community with uniquely local art, crafts and food. At the Pender Harbour Community Hall until 3 p.m.

photojournal



photo submitted

Mary Cochet (middle) took double honours (again) in the P. H. Fall Faire's harvest exhibition, taking home top spots in both the Horticulture and Homemaker categories. Presenting the trophy to her are P. H. Fall Faire volunteers Megan Noel (l) and Katrina Bishop (r).

Fall election results in acclamation for Pratt and Mauro

There won't be any drama for Area A residents this time around when the upcoming municipal election takes place Nov. 15.

SCRD Area A director Frank Mauro and School District 46 Area One trustee Lori Pratt have both been acclaimed to their respective positions.

The *Harbour Spiel* caught up with both to reflect on their past achievements and what challenges loom ahead.

MAURO: AREA A DIRECTOR

Frank Mauro won over Mike Carson in 2011 with 479 votes to Carson's 329.

Since then he says he's undergone a steep learning curve at the SCRD.

"I think my initiation with the BC Timber Sales cutblocks (near McNeill Lake) in early 2012, I thought protecting the watershed was important," said Mauro.

"What was even more important was the business relationship we had with BCTS and I think discussions resulted in a communications protocol with them and the SCRD for the entire Coast."

Mauro says that protocol agreement has just been recently signed but BCTS has been following it for a year and a half.

"It's the first one by any municipal government in BC, so I thought that was a real accomplishment."

Mauro also looks proudly on being able to convince his fellow board members to create an Area A only bikeways/walkways budget function.

"That took awhile because of the process — you have to wait a year for the next budget year; but we have permits in place and construction should

start soon."

Mauro also lists the completion of the recently opened South Pender Harbour water treatment plant as a landmark achievement completed during his term.

Mauro said another highlight of the last three years includes his participation in streamlining the SCRD budget process, which he says, has been reduced by half in time spent by board and staff.

He also lists his participation in governance of the expansion of St. Mary's Hospital and facilitating the transfer of the Area A bus to the Ruby Lake Lagoon Society.

As part of provincially legislated local election reforms, municipal terms of office have been expanded from three years to four.

With the experience he's picked up from his first term, Mauro looks forward to having the extra time to complete some daunting tasks still ahead.

Mauro says he is keen to pursue a regional economic development function after the SCRD board's last attempt fell through.

"The municipalities decided to go their own way so it kind of fell apart," said Mauro.

"We've reinstituted that and I want to see that through. I think we've made

some progress but I don't think we've gone far enough."

Mauro said an obvious challenge looming in the near future is the upcoming official community plan review for Area A.

"The OCP should pave the way for economic development and that's one of the things the review committee should keep in mind while making sure it reflects the vision we have here."

Mauro says upcoming work will also include the continuation of the bikeway and walkway plans to include Garden Bay and Egmont and to see through the completion of the resource recovery station at the P. H. Landfill.

PRATT: AREA ONE TRUSTEE

This next term will be Lori Pratt's third term as School District 46 Area One (SCRD Areas A and B) school trustee.

Pratt said a highlight of her last term was presiding over the start and near-completion of the new Gibsons Elementary School.

"One of the other things we're really proud of is the senior management and all of the staff that we have in our district," said Pratt.

(Continued on p. 6)

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Economist Pastrick returns to the 'Future Business Environment of

As the global economy drifts, so too does that of the Sunshine Coast.

That was the message when Helmut Pastrick, chief economist for the Central 1 Credit Union, reported on the future business environment of the Sunshine Coast back in 2011.

It didn't surprise many of the 150-plus people who gathered at the Raven's Cry Theatre on Oct. 21 that, since then, very little has changed.

Central 1 Credit Union is the central financial facility and trade association for the B.C. and Ontario credit union systems.

Pastrick pulled data from a variety of sources to paint a picture of what the current state of the local, national and global economy looks like and to make cautious projections about where it's going.

VITAL SIGNS 2014

Pastrick's presentation was preceded by a short review by Catharine Esson of the Sunshine Coast Community Foundation's recently published



Brian Lee photo

Helmut Pastrick, chief economist at Central 1 Credit Union, presented 'The Future Business Environment of the Sunshine Coast' at the Raven's Cry Theatre on Oct. 21.

Vital Signs report for 2014.

Vital Signs is a snapshot of the quality of life on the Sunshine Coast with information on key areas like education, the environment, housing and arts and culture, plucked from a variety of sources including local surveys.

The Sunshine Coast Community Foundation published their first Vital Signs report in 2009 and followed it up with a second in 2011.

Like the two previous, the 2014 Vital Signs report includes a look at

measurable results like housing data and demographics as well as surveying community members' level of satisfaction on a variety of areas that affect their quality of living.

According to Esson, the main theme of the report is similar to that of 2011 — the Sunshine Coast has an aging population.

"Many other indicators can be likely be explained, at least in part by our aging demographic. And our aging demographic can likely be explained by at least in part by some of the other

Mauro and Pratt (cont.)

(continued from p. 5)

"We have an amazing team that is really forward-looking and really focused on students."

As evidence, Pratt points to the district's student leadership team.

"We were one of the first districts in the province to have a student trustee at the table. So that was a huge accomplishment," said Pratt.

She said that after the election, the board's first order of business will be to rebuild some of the relationships damaged by the recent labour dispute between the province and teachers.

Other significant challenges will include how to tackle the Coast's problem of declining enrolment and to find ways of maintaining excellent education opportunities in small schools.

Pratt told the *Harbour Spiel* that this term will also be her last.

Pratt's tenure as school trustee will have lasted 10 years by the end of this term and she hopes someone will consider taking over her position in 2018.

"So that is also something I will also be doing in this term — looking for someone to replace me."

Harbour Spiel

**The Pender Harbour
Community School and
PHSS students send out a big
Thank You!
to Telus**

**for supporting the Hot Breakfast
and our food programs for children
and youth in our community!**

the Sunshine Coast'

indicators," said Esson.

The *Harbour Spiel* will present the Vital Signs 2014 report in an upcoming series, breaking down the findings from each of the 10 areas of focus into more detail.

In the meantime, a copy of the report can be viewed on the Sunshine Coast Community Foundation website at www.sccfoundation.com.

HELMUT PASTRICK

"The great financial crisis and following recession is still with us in some ways. We're still seeing the aftermath in the U.S. and particularly in Europe and, to a lesser extent, in Canada," said Pastrick to start off his presentation.

"The state of the external economy will still be an important factor in determining the health and well-being of your regional economy and, until we see a more sustained pick up in the U.S., that growth will be mediocre."

This sentiment is similar to the economic outlook Pastrick presented in 2011 and the economist admitted that, by now, he would have expected the U.S. economy "to kick into a higher growth phase."

Pastrick listed unforeseen issues with the global economy such as Greece's sovereign debt issue, as reasons for the stalling of the U.S. economy.

"I don't want to sound like a broken record but I think this time it's going to take."

But if there is a homegrown culprit, Pastrick points to the export sector as a missing contributor to the performance of the Canadian economy.

"When you look at historical growth in Canada and BC... that export sector has really been miss-

ing and, as a consequence, we're just running with domestic economic growth," said Pastrick.

"Until we see exports kick up, we will continue to be stuck in that modest growth phase."

REPORT HIGHLIGHTS

- U.S. economic growth this year was 2% and is expected to grow to 3% in 2015.

- Canadian economic growth is forecast to grow at a rate between 2% and 3% until 2019.

- There is not much economic "lift" coming from Europe, which could be facing its third recession since 2008.

- The provincial tourism sector is trending upwards, buoyed by visitors from China and the U.S.

- Real estate sales are on a "bit of a revival" but still relatively weak.

- The Sunshine Coast has experienced negative population growth between 2011 and 2013, mainly due to migration to Alberta.

- Sunshine Coast continues to experience an uptick in service industry employment while seeing a decline in

manufacturing and resources.

- Sunshine Coast's timber harvest for 2014 is slightly below the historical average but with an improving U.S. housing market, is likely to improve.

- Business incorporations within the SCRD are down since their peak in 2006 but have regained some ground since a 2009 low.

A copy of Pastrick's report can be viewed at www.sunshineccu.com/whatsnew.



Pender Harbour Community Club
CHRISTMAS CRAFT FAIR
Nov. 22
Call Sunny to reserve tables:
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CELEBRATE YOUR COMMUNITY THIS CHRISTMAS!
Stay tuned for information on these upcoming local events:

- R Harbour Carol Ship Cruises
- R Polar Express Christmas Light Tour
- R Christmas craft fairs, carolling and concerts
- R Christmas Light contest (for homes and businesses)
- R Community Christmas tree lighting ceremony
- R Pender Harbour Lions Club Community Dinner

Sponsored by the P. H. & Egmont Chamber of Commerce Shop Local program.

South Pender water treatment plant opening now official



Brian Lee photo

Former and current SCRD staff and board members were joined by volunteer advisory group members, Vancouver Coastal Health staff and others involved in the plant's design and construction, to cut the opening ribbon on Oct. 7.

Though it's been delivering clear water to South Pender water customers since June 27, the official grand opening of the South Pender Harbour water treatment plant took place on Oct. 7.

A crowd of close of 50 celebrated the completion of the water project that was over 10 years in the making.

Frank Mauro kicked off the speeches describing the system (see *Harbour Spiel*, Aug. 2014) and the

process it took to get the plant built.

"Water treatment plants are really expensive and to build them is often financially out of reach for most communities," said Mauro.

"We're fortunate that through the work of the regional district, staff and predecessors, we've secured substantial grants towards the \$5.6 million total that this plant cost."

Mauro recognized the Federation of Canadian Municipalities and the

Green Municipal fund for chipping in \$170,000 to the project.

A further \$4 million was provided by the provincially administered Build Canada fund.

Mauro also acknowledged local water users who will pick up the remainder of the costs for the plant of \$1.5 million in loans and reserves.

Also taking a turn at the microphone was Sechelt Indian Band councillor Chris August, who congratulated the community on behalf of the band.

Garry Nohr, chair of the SCRD, read a prepared statement on behalf of MLA Coralee Oakes, minister of community, sport and cultural development.

Mauro thanked specific SCRD staff members for their efforts in the planning and construction of the plant before raising a toast of treated water and cutting a ribbon to declare the plant officially open.

SCRD staff showed visitors through the plant before cake and refreshments.



Brian Lee photo

A clear water toast to the opening of the plant was a fitting substitute for champagne.



Brian Lee photo

Good weather brought out big crowds to Madeira Park on Oct. 18 for the Sunshine Coast Mushroom Festival. The hall was packed throughout the day but so was the rest of Madeira Park as visitors made use of the sunshine to explore downtown.

news

RCMP news

KAYAK THEFT

Between September 9 and 12, a thief stole a kayak and paddle from a dock in the 13100 block of Narrows Road, Garden Bay. The blue kayak is described as a 10 1/2- foot-long “Rhumba” model.

VEHICLE HITS THE TULIES

On September 30, a single vehicle incident was reported in the 4800 block of Francis Peninsula Road, Pender Harbour, after a passerby noticed an unoccupied vehicle crashed in the ditch.

Evidence at the scene suggested that the vehicle had been travelling east, had trouble navigating a curve and went off road.

The registered owner was located and he advised he’d lost control while travelling the unfamiliar area at night during the rain.

Neither the driver nor passenger sustained any injuries but the vehicle sustained major damage and had to be towed.

November 2014

UNGULATE COLLISION

On October 8, a single vehicle accident was reported in the 11200 block on Highway 101, Pender Harbour, after a vehicle struck a deer.

The vehicle sustained significant front end damage and had to be towed but the driver was uninjured.

Pender Harbour Volunteer Fire and police searched for the injured deer but could not locate it.

WIRE THEFT

Sometime overnight on Oct. 11, thieves stole a large amount of copper wire and aluminum telephone wire from some power poles in the Pender Harbour area.

Police are still investigating the theft.

Anyone with information is asked to contact Sunshine Coast RCMP Const. Anne Klok at (604) 885-2266, or Crimestoppers, at 1-877-222-TIPS (8477).

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Royal Canadian Legion #112

Pender Harbour 2014 Poppy Campaign

**Donations to our Poppy Campaign
benefit our community:**

Last year two bursaries were awarded to PHSS graduates and a donation was made to the Legion's Service Dogs for Veterans Program.

2014 Poppy Campaign begins Friday, Oct. 31.

Please come to our Remembrance Day Ceremony on

Tuesday, November 11.

Parade marches off at 10:30 am. Service at 11:00 am.

Followed by refreshments in the Legion.

Children and families welcome.

*Wear yours
proudly!*



Coming this spring: The Mountain Grind

Unlike other communities, the Sunshine Coast still lacks a marquee adventure race — but all that is about to change.

Coming April 26, “The Mountain Grind” will challenge competitors with a nine-kilometre course featuring any number of obstacles to make them wish they stayed in bed.

It’s the brainchild of two local fitness instructors, Amanda Peterson and Silke Linnmann, who were inspired after visiting Whistler’s 20-kilometre Tough Mudder event last year.

But Peterson says they aren’t trying to duplicate the Tough Mudder.

For instance, Peterson promises there will be no electricity involved, referring to the Mudder’s infamous “Electric Eel” obstacle in which wet competitors are forced through a water trough of live wires.

“There will mud pits, log carries, climbing walls, monkey bars and rope swings,” says Peterson.

“Basically things you have to



photo submitted

Silke Linnmann and Amanda Peterson have been working on the details as well as the course of the Mountain Grid for the past couple of months. They’re seen here taking a break from preparing a section of the course near the Malaspina Substation.

crawl over or climb under. So, kind of a like a fun obstacle course, not as extreme as the Tough Mudder.”

Though Peterson kind of downplays the discomforts to be expected, she affirms there will be plenty of mud and water.

The course is currently under construction near the Malaspina substation but when completed, it will likely involve part of the Suncoaster Trail as well as Crown land and BC Hydro transmission line corridors.

Peterson said that at least two volunteers, Mike Bathgate and John Schroeder, have been instrumental in offering time and equipment to help set up the course so far but they will be looking for more community help as the event draws closer.

Peterson says the format will allow teams or individuals who want to challenge the course alone but will be

capped at 300 competitors.

The event will be “chip-timed” in which competitors race with a transponder that digitally records finish times.

The event is set for April 25 and 26 which is also the weekend of the April Tools Wooden Boat Challenge.

Peterson says the conflict should be minimal as April Tools Saturday will be used for registration starting at 3 p.m. and a pre-race “kickoff” party that evening.

The actual race will run the next day on Sunday, April 26.

Peterson says they plan to provide training tips and programs to help competitors train properly for the event and will be coming out with more information, including course maps, in the coming months.

For more information, visit www.mountaingrind.ca.

Royal Canadian Legion

~ hosts ~

Rotary Art Auction

Nov. 8

Doors: 6pm

Complimentary Champagne & Appetizers

Dinner Tickets: \$30

Dinner: 6:45 pm

Tickets: at The Bar,
Harbour Insurance,
or any Rotarian.



Margaret Mary Walker (née Henderson)

AUGUST 27, 1921 – SEPTEMBER 22, 2014



Margaret Mary Walker peacefully passed away on Monday, Sept. 22 with her two daughters by her side.

She was predeceased by husband Samuel John Walker, sister and brother-in-law Emmie and Maury Gardiner and brother Jimmie Henderson.

She will be forever cherished by daughters Lori (Bruce) Morrison and Jill (Richard) Pollard, grandchildren

Brian (Krista), Kevin (Amy), Drew (Nicole), Leah (Ernie) and Stephanie.

Mary was the middle child of three, born in North Vancouver to Scottish-born parents.

She enjoyed a career in health care where she assisted doctors in both medical and dental settings.

In her spare time, Mary enjoyed indulging in Scottish traditions and her strong Scottish heritage — Orkney Islands and Edinburgh — was an important influence in her family.

When daughters Loraine and Jill competed in Highland dancing, she happily volunteered countless hours playing piano for lessons and sewing intricate costumes for competitions.

After retirement, she and husband Samuel spent 20 wonderful years at Sakinaw Lake, before moving to Sechelt in 2002.

She was an accomplished pianist and enjoyed sewing, baking, gardening, and ceramics (in which she won a number of awards).

Mary's love of animals was always apparent as she loved having family pets and was the first to help out stray animals at the lake.

She and Samuel spent many special trips cruising the waters of Desolation Sound, Gulf Islands and San Juan Islands aboard their three *Tartan Lassies*.

Both were active members in the Pender Harbour Golf Club, Canadian Power Squadron and the Royal Canadian Legion. She will be truly missed.

There was no service by request.

Donations can be made in her name to the Royal Canadian Legion Branch No. 112 in Madeira Park, if so wished.

photojournal



photo submitted

Madeira Park Elementary Grades 4-6 took in the Squamish Valley vista from the top of the Sea to Sky Gondola recently during an extended experience oriented around geology. Beginning with a tour of the Britannia Mines, students learned about the history of mining in the region as well as the environmental impact and recent initiatives to restore Howe Sound.

A non-election and the UBCM



By Frank Mauro,
Area A Director

THE NON-ELECTION

As I write this article the SCRD chief election officer has just released the “Dec-

laration of Election by Voting and of Election by Acclamation.”

So, it is now official that I have been elected by acclamation.

I’m surprised that no one contested for director but very gratified by how people have supported me.

While the municipalities and some rural areas are currently holding candidates’ forums and debates, I have and will continue to attend as many of them as possible to hear the concerns of people on the Coast.

Since such events will not be

held locally because Lori Pratt, the incumbent SD 46 trustee for this area, was also acclaimed, I encourage anyone with questions to attend my morning chats at the Copper Sky.

I will be there on the first two Saturday mornings of November.

UBCM CONFERENCE

The Union of BC Municipalities Conference held in late September provided many opportunities for learning and discussing issues with provincial ministers and senior staff.

One important topic at the conference was First Nations issues.

Two recent game-changing events were the subjects of presentations/discussions.

One was the Reconciliation in Action presentation.

This was a full day workshop

following up on the previous year’s UBCM resolution which called for a “Year of Reconciliation in British Columbia.”

The session provided opportunities for local government and First Nations relationship building.

Insightful and progressive presentations were given by representatives of Reconciliation Canada, the provincial minister of aboriginal relations and reconciliation and the chief of the Squamish First Nation.

The most notable session was on the topic of the recent Tsilhqot’in Supreme Court decision which marked the first time aboriginal title was awarded over a large tract of land.

The decision also extended the duty of the Crown from a “duty to consult” to a “requirement to obtain consent” from the First Nation when

We invite you to join the conversation at the SCRD committee meetings below:

Policing Committee

November 3 at 9:00 a.m.

Transportation Committee

November 3 at 10:15 a.m.

Infrastructure Services Committee

November 6 at 1:30 p.m.

Community Services Committee

November 13 at 1:30 p.m.

Regular Board

November 13 at 7:30 p.m.

Planning and Development Services Committee

November 20 at 9:30 a.m.

Corporate and Administrative Services Committee

November 27 at 1:30 p.m.

Regular Board

November 27 at 7:30 p.m.

Our meetings are held at **1975 Field Road** in Wilson Creek at the SCRD **Board Room**. Agendas for these meetings are available at www.scrd.ca/Agendas-2014.

Want to learn about what's going on at the Sunshine Coast Regional District?

Go to www.scrd.ca and click on "Sign up for our Newsletter" button to receive *Coast Current*, our quarterly newsletter.

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Election Update!

No election will be required in Area A, as Director Frank Mauro has been declared elected by acclamation.

For information on who we are, and what we do, please visit www.scrd.ca, call 604-885-6800, or email info@scrdd.ca. To contact Area A Director, Frank Mauro, please email frank.mauro@scrdd.ca.



planning development on certain tracts of land.

While the details and interpretation of the decision are far beyond the scope of this article, many fine points and ramifications were discussed in the plenary session.

It was universally declared by the panel members that there is a commitment and understanding that by working together the new reality will benefit all.

HIGHLIGHTS OF MEETINGS

• Allan Langdon, managing director of Multi Materials BC, was made aware of issues raised regarding changes in recycling on the Sunshine Coast including not accepting more varieties of plastics, insufficient funding to cover operating costs of depots, inefficient transportation methods (mega-bags) and insufficient communication with the public.

The answer received was that there were still “startup” problems in several areas and we received a commitment that all of the items will be addressed once the startup “wrinkles” were ironed out.

• Steve Thompson, minister of forests, lands and natural resource operations, heard the case for making available, under permit, some forest service roads near Sakinaw Lake to provide access to properties and to fit with the OCP goal of an alternate route to Garden Bay Road from Highway 101.

He expressed concern with liability and maintenance but said he would look into addressing those issues under the permit terms.

• Dan Doyle, Premier Christy Clark’s chief of staff, heard our concerns regarding BC Ferries and the economic impact of increased rates,

reduced service and the subsequent drop in ridership.

No commitments were received at this meeting but in subsequent meetings, Todd Stone, minister of transportation, made a commitment that after the four-per-cent planned hike next year, future hikes would not exceed the cost of living index.

• SCRD resolutions put forward passed almost unanimously including requesting control of parking for rural areas, environmental assessment of marine coal transport, water pricing principles, library funding, knotweed control and the environmental review process public engagement.

Other notable resolutions put forward by others included dealing with derelict vessels.

Importantly, the BC Ferries financial impact study commissioned by UBCM was adopted unanimously by the assembly.

This is a brief snapshot of events at the UBCM Conference — if anyone wants more information please visit the website at www.ubcm.ca.

OPEN DISCUSSION

I will be available between 8 a.m. and 10 a.m. on Saturday, Nov. 1 and 8 at the Copper Sky in Madeira Park to listen to your concerns.

I can be reached at 604 740-1451 or by email at Frank.Mauro@scrd.ca.

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Every Friday - 10am, P. H. Community Hall.

Lunch Club:

Nov. 14 — Meet at P. H. Legion, 11:30am

Ride the Bus to Sechart:

Nov 5 - Tour galleries and have lunch together. Depart Madeira at 10:30am and return approx. 3pm.

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Special book excerpt: *The Cougar Lady: Legendary Trapper of*

Bergie Solberg stands as one of the Sunshine Coast's true icons.

Though she died in 2002, living just one year longer than her sister, Minnie, stories are still swapped about her legendary exploits in the bush or eccentric habits when visiting Sechelt.

The back cover copy of Rosella Leslie's new book, *The Cougar Lady: Legendary Trapper of Sechelt Inlet* (Caitlin Press, 2014), provides a fitting description of Solberg's endearing strength and character:

She climbed wild mountain trails to hunt for goats, demanded car rides from unsuspecting locals, spent a night in the woods wrapped in the skin of a bear she'd shot and thought nothing of rowing twenty-five miles down a dark, windy inlet.

With equal ferocity she wrangled cougars, conservation officers and the police, who arrested her for packing a rifle in town.

The following is an excerpt.

A HUNTING LEGEND

There were times when Bergie succeeded in eluding the conservation officer.

The late Richard (Dick) Hammond, who used to fish and hunt in the same territory where Bergie and Minnie hunted, remembered a story she told about hunting a mountain goat near the Tzoonie River.

Bergie had shot a goat and was ready to haul it down the mountain to her boat when she saw the conservation officer arrive in his own boat.

She decided to wait him out, and when he came up the river looking for her, she hid.

"Going up that stream is steep, dangerous and slippery," said Hammond.

"And the game warden wasn't



Photo courtesy of the Peninsula Times, Alsgard family and Sechelt Community Archives

Bergie Solberg caught this 150-pound cougar in a trap intended for bobcats and killed it with her .22-calibre rifle before hauling it home. (Photo taken April 12, 1972.)

having any of it. Instead, he camped for two days at the bottom.

"Bergie ate raw goat meat rather than light a fire and let him know where she was. But she waited him out. When she saw him heading back down the inlet, she came down with her goat."

Occasionally Bergie went hunting with a partner.

Richard Elvin was twelve when he purchased a new .22 automatic.

"Bergie thought it was a neat rifle and she taught me to shoot it," he said.

"Then we went hunting. She always got excited when she was hunt-

ing, especially if she was on the trail of something. She'd jump from log to log with no trouble. I'd try to follow and fall flat on my face, and she'd laugh."

If her hunting partner had a vehicle that could be used to transport her kill, Bergie was even more amenable to their company.

Mike Jackson was only 14 when he went with her for the first time.

"I liked to go hunting with my dad," he said.

"But he was always hard-pressed for time to go out with me. One day he jokingly told me to go with Ber-

Sechelt Inlet

gie. So the next morning I got up and made some coffee, took my .30-30 and went over there.

“I shouldn’t have been driving, but I did. We went up the mountain and I got my first deer. She had her little dog, Bush, with her on a leash, and she was going up over this rock bluff when I shot the deer.

“She was down on that deer and had it gutted out and on the logging road before I could even catch up to her.”

According to Jackson, “Hunting with Bergie was like tagging along behind a human bear. She’d plow through the bush dragging the dog with her, and climb up rock bluffs, and that little dog’d be hanging there from his leash!

“She’d never think anything about walking four or five miles into the bush, get something and then drag it back. She’d keep going right until dark and never worry about how she was getting back.”

One day in late October when Bergie was working as a whistlepunk for Gus Crucil, she and the crew were coming down from Gray Creek when

a large black bear crossed the road in front of the crummy.

“Bergie just about jumped out on top of it,” said Rudy Crucil.

The next day Crucil’s crew was moving the spar tree, and since Bergie wasn’t needed, she brought her gun and her dog and had the driver drop her off near the spot where they’d seen the bear.

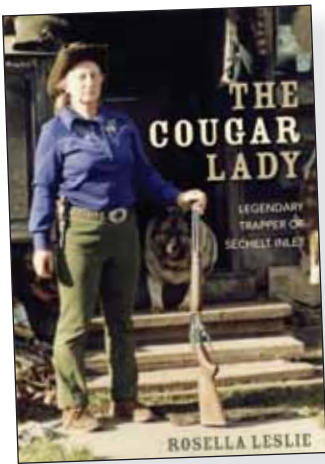
Her plan was to track the bear and return at four o’clock to catch a ride back down the mountain with the crummy.

It was raining and cold that day, and when she didn’t appear at the appointed time, the crew decided she had walked out and gone home.

The next morning they saw her walking down the road. She had spent the night on the mountain with her dog and the bear she’d shot.

“She and Minnie used to do that quite often,” said Rudy.

“She couldn’t get this one out of the woods by herself, so she walked home and got Minnie to give her a hand. I’m not sure which way they took it out.”



About the author:
Rosella Leslie’s writing has appeared in numerous magazines and newspapers including *Western People Magazine* and *The Leader*. She has written three books: *Drift Child*, *The Goat Lady’s Daughter*, *The Sunshine Coast: A Place to Be*, and is a co-author of *Bright Seas*, *Pioneer Spirits: The Sunshine Coast* and *Sea Silver: Inside British Columbia’s Salmon-Farming Industry*. Rosella currently lives in Sechelt with her husband, John.

The Cougar Lady: Legendary Trapper of Sechelt Inlet
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• Guides, Brownies, etc.	883-2819
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If you have some spare
time and talent, please
contact one of the clubs
or societies to offer help.



organizations

P. H. READING CENTRE

The P. H. Reading Centre will hold a free event at the P. H. School of Music on Wednesday, Nov 26 at 1:30 p.m., featuring author Luman Coad. Coad will share stories of his life in the world of puppetry. He has created and performed with puppets for over 50 years and currently shares his knowledge through teaching and writing.

DVD's will arrive at the reading centre in early November. The Sechelt Library is loaning 100 DVD's for members to borrow. Fall is full of exciting things, including our annual fundraising event — Bucks for Books. Tax donations will be issued for sums of \$20 or more.

P. H. WILDLIFE SOCIETY

The P. H. Wildlife Society will meet on Tuesday, Nov. 18 at 7 p.m. at PHSS. The guest speaker is well-known coastal guide and consultant, John Dafoe. Dafoe will lead in a discussion of our place in the natural world of the Sunshine Coast and Georgia Basin. The discussion will be accompanied by a slide show of the flora and fauna of the area. All are welcome.

P. H. WOMEN'S CONNECTION

On Nov. 4, Pender Harbour boy and retired returnee Len Lee will tell us about the joys and challenges of growing up in Pender Harbour in the 1950s and 1960s. Lee continues to serve his community on the Chamber of Commerce, Harbour Authority, and Pender Harbour Advisory Council. At 10 a.m. at the P. H. School of Music in Madeira Park. All women are welcome.

On Nov. 25, the PHWC welcomes Mike Ryan. Before his move to Daniel Point, Ryan was a police officer with the RCMP and the Organized Crime Agency of BC. He will tell us about profit-motivated organized and international crime, the resulting money laundering and its implications for our communities. At 10 a.m. at the P. H. School of Music. Both men and women are welcome.

FLAIR ON THE COAST

Carol Bowman and Jean Pate have been working to provide a program which is similar to the Look Good, Feel Better workshops offered to cancer patients in Vancouver. Flair on the Coast is a non-profit support organization offering a monthly two hour workshop for women going through cancer treatment. The first session will be held at the Rockwood Centre (5511 Shorncliffe) in Sechelt on Saturday, Nov. 15 from 10 a.m. to 12 noon. This monthly get-together features guest speakers, demonstrations, laughter and light refreshments.



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- **Lost — two serving plates from Community Hall** on Oct. 4. Oval white china with blue floral in centre and pink coloured pressed glass with a flower pattern. Sentimental value. (604) 883-9248 or leave at School of Music — no questions asked.
- **Found — a kayak** in Pender Harbour. To claim phone (604) 399-9550 and describe the kayak.

PERSONAL

- **Whoever drove me home** from the bar @ Oct. 20-22, I left my purse in your car. Please email me as I need my medication: tulie@dccnet.com.

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- **Free scrap car removal.** Hiab crane service. Reasonable rates for large/heavy items brought from Lower Mainland. Curt (604) 740-7287.

harbour seals



Note your approval or disapproval.

Send to: editor@harbourspiel.com.

Include full name and telephone number for confirmation. (Editor reserves the right to edit for length.)

Harbour Seals of Approval to **Cpl. M. Labossiere** of the R.C.M.P the **P. H. Fire Department** and the **P. H Ambulance** for their response to the passing of husband and father Harry on Sept. 13.

Also, heartfelt gratitude to **Kasum at the Sundowner Inn** also **Chris and Clint of Francis Pt. B&B** for all the support with accomodations. Thank you so much to everyone who came to the service with such an outpouring of love and support during our time of bereavement, we will forever be grateful.

Phyllis Brown

A Harbour Seal of Approval for the dedication and care of our **Pender Harbour paramedics and volunteer firefighters**. Also to the many wonderful people who generously give the gift of their blood. I owe you my life.

To my husband Eric who saw me through this ordeal. My love and thanks to you all. Thank you also for the many good wishes from friends, it meant so much to me.

Freda McDermott

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photojournal



Glen Bonderud photo

At least one Humpback whale was spotted several times just outside the Harbour over a week long period last month. This one floated around Lee's Bay on Oct. 7 for a couple hours before disappearing up Agamemnon Channel.

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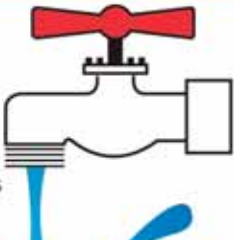
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COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

Drs. Cairns, McDowell, Robinson & Justin L Smith

Monday to Friday 9 a.m. – 5 p.m., by appointment only

HARBOUR PHYSIOTHERAPY – 740-6728

Paul Cuppen, RPT, BSc

- Musculoskeletal Examinations
- Sports Injury Treatments
- Post-operative Therapy/Home Visits

CHIROPRACTORS – 883-2764

Dr. Blake Alderson, DC

- Chiropractic care by appointment.
- Walk-in patients welcome after 3 p.m.
- Home visits available: (604) 885-5850

Dr. Terry Dickson, DC, BSc, ART provider

- Second to third Saturdays and Mondays of the month, 8 a.m. – noon, by appointment.
- Please call North Shore Wellness Centre, (604) 980-4538 or email: info@nswellness.ca

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT:

CHILD AND YOUTH MENTAL HEALTH

**Elaine Hamel and Rhonda Jackman, child and youth
mental health clinicians available:**

- P. H. Clinic Tues. & Wed. afternoon
- Mental Health Assessments & Therapy:
Children age 0-19
- For more information call: Child & Youth Mental Health
Intake (604) 740-8900 or (604) 886-5525



THE SUNSHINE COAST HOSPICE SOCIETY: Compassionate, respectful end-of-life and bereavement care. Whether you want to talk with one person or to join a bereavement group in the fall, trained volunteers are available. Call Kathy Bergman at (604) 883-2764.

ALCOHOLICS ANONYMOUS meets Wednesdays at 8 p.m. – everyone welcome.

LOAN CUPBOARD: Crutches, walkers, wheelchairs, commodes, raised toilet seats, respiratory nebulizers etc.

First-class health care for the people of the Pender Harbour area.

Many local seniors are 'Better at Home'

By Kym Harris (Pender Harbour
co-ordinator for Better at Homes) and
Heather Damsgaard (RN)

Better at Home is a new program funded by the provincial government and managed by the United Way.

Here it is administered through Sunshine Coast Community Services and supported by the Pender Harbour Health Centre.

This is not just another project but a unique opportunity to build community capacity to address the diverse needs of an aging population.

Some residents have already heard about it and maybe even received support through the program while others may be hesitant to do so.

Some may be reluctant to invite someone into their home while others may find it difficult asking others for help.

This article should answer some questions that local seniors might have about the program.

Its goal is to offer non-medical support to seniors, helping them to remain independent in their own homes while staying socially connected to other people in their community.

Better at Home is open to all seniors and is community driven at a local level.

As well as affecting a senior's life, this program can develop policies and practices in an aging population.

Here on the Sunshine Coast we can offer friendly visiting, grocery shopping, transportation, housekeeping, yard work and minor home repairs.

We rely on volunteers for the success of this program as well as paid contractors.

Seniors who receive Better at Home services will pay a fee for some services which is based on an income

November 2014



sliding scale thereby ensuring services are free for low-income seniors and market-rate for seniors with an income above the BC average

To combat isolation, volunteers are needed to drive seniors to community events and doctors' appointments to keep them healthy.

There are many other opportunities to enhance the life of a senior as well as that of the volunteers.

It must be noted that all volunteers providing services directly to seniors must have a criminal record check.

If you are a senior or know a senior who could use a helping hand or would just like to know more, please call Better at Home at (604) 989-6171 or visit www.betterathome.ca.

If you're interested in volunteering, even as little as an hour per week, please call the above number.

DISASTER PLAN?

The Pender Harbour Health Centre is currently working on a disaster plan for our community.

We have a group of retired health care professionals willing to be available to assist at the health centre if the need arises.

Most of the RNs that work at the health centre commute from Sechelt and in the event that the road is not accessible, we will need to have local health care professionals available.

We are presently looking to add

to this resource list.

If you are a current or retired doctor, RN, physio, OT or social worker and are willing to have your name and contact information made available to us, we would love to hear from you.

This information will be secure and confidential and we also are planning to offer training for our volunteers.

HARBOURSIDE FRIENDSHIPS

Harbourside Friendships meets every Thursday at the Pender Harbour Community Hall.

Join us for coffee starting at 10:30 a.m. followed by the programs listed below.

Hot lunch will be served at noon for \$10 and everyone is welcome.

For information, please call Cathy at (604) 883-9760.

Nov. 6: Shendra Hanney will give a film presentation and talk about her journey with the "Lacandon Maya."

Nov. 13: Writers Corner and Book Talk. Bring your favorite story, book or poem to share with the group.

Nov. 20: Retired Mountie Chuck Bertrand returns to tell his tales about "Mounties and the Klondike Gold Rush."

Nov. 27: Join us today for our "China" theme. Bring your stories, trivia and legends. Chinese food will be served for lunch.

NOVEMBER BIRTHDAYS

Nov. 1 ~ **Len Best**.
 Nov. 2 ~ **Carrie Hillhouse, Charles Lee**
 and **Ann Wutzke**.
 Nov. 3 ~ **Charlene Cote, Sue Rayment**
 and **Trevor Ross**.
 Nov. 4 ~ **Sandy Boyd, Brennan Bennett**
 and **Pressley Silvey**.
 Nov. 5 ~ **Diana Degraaf, Colton Ed-**
wardson and **Tanis Zayshley**,
 Nov. 6 ~ **Kathie Atherfold** and **Max**
Scoular.
 Nov. 7 ~ **Joni Mitchell**.
 Nov. 8 ~ **Eleanor Reid, Ryan Boyd,**
Gerry Matheson and **Sabine Tamm**.
 Nov. 9 ~ **Candace Cruikshank** and **Mat-**
thew McKimm.
 Nov. 10 ~ **Tom Duncan** and **Nicole Mac-**
Donald.

Nov. 11 ~ **Marge Campbell** and **Loretta**
McDonald.
 Nov. 12 ~ **Roger Duncan, Dwayne**
Knock and **Cooper Pantages**.
 Nov. 13 ~ **Hunter Edwardson, Tanya**
Cummings, Paul Jones, Darrin Jordison
 and **John Maveety**.
 Nov. 14 ~ **Mary Dumaresq** and **Amber**
Kincaide.
 Nov. 15 ~ **Josey Bennett**.
 Nov. 16 ~ **Ray Hansen** and **Janique**
Peters-Gray.
 Nov. 17 ~ **Biada Priest, Rodney Kam-**
merle, Bev MacDonald and **Barb Watt**.
 Nov. 18 ~ **Amanda Ross**.
 Nov. 19 ~ **Cheryl Jensen** and **Dennis**
Levasseur.
 Nov. 20 ~ **Umeyo Kishimoto** and **Jill**

Wagner.

Nov. 22 ~ **Jennifer Girard, Alysa English,**
Brooke Fraser and **Anne Fraser**.
 Nov. 23 ~ **Dodie Edwardson, May Sil-**
vey, Dave Daiken and **Wayne Griffith**.
 Nov. 24 ~ **Maggi Guzzi** and **Chase**
Campbell.
 Nov. 25 ~ **Neil Remmen, Paul Gaudet**
 and **Leah Pockrant**.
 Nov. 26 ~ **Gary Griffith**.
 Nov. 27 ~ **Betty Sladey** and **Natasha**
Landry.
 Nov. 28 ~ **Ryder Noble** and **twins Paige**
 and **Lexi Pauls**.
 Nov. 29 ~ **Marie Coombes, Pete Han-**
nah, John McDonald, Myrna Pickering
 and **Kaila Silvey**.
 Nov. 30 ~ **Brayden Zayshley**.

BC Bestsellers:

(For the week of Oct. 19, 2014)

1. **Whitewater Cooks With Passion** by Shelley Adams
2. **Tin Fish Gourmet** by Barbara-jo McIntosh
3. **Vancouver Confidential** by John Belshaw
4. **A Rock Fell on the Moon** by Alicia Priest
5. **Ice Storm** by Bruce Dowbiggin
6. **Dolphin SOS** by Roy Miki, Slavia Miki and Julie Flett
7. **From the West Coast to the Western Front** by Mark Forsythe and Greg Dickson
8. **Cloudwalker** by Robert Budd and Roy Henry Vickers
9. **Brothers of the Wolf** by Carroll Simpson
10. **Great Bear Wild** by Ian McAllister

~ Assn. of Book Publishers of BC

NOVEMBER ASTROLOGY

SCORPIO: OCTOBER 24 – NOVEMBER 22

Scorpios are highly sensitive and compassionate, with a fierce pride and determination. They are capable of great patience and can be profoundly insightful as well as deeply cynical. Mars animates and energizes your solar third house now. You are likely to have many ideas and plans going during this transit, and you might be inclined to scatter your energies as a result. Scorpios should avoid sugar, alcohol, cocaine, Sudafed, ginseng and caffeine during this time.

SAGITTARIUS: NOVEMBER 23 – DECEMBER 21

Sagittarians love excitement and adventure. They are easily bored but often trendsetters. They are bold and impulsive, natural explorers who thrive on change and mental stimulation. The full moon in Taurus arrives on Nov. 6, making everyone crave sensuality in all its forms, whether it's food or sex, the three days leading up to this lunation are some of the best moments of the month to indulge. Sagittarian pets are especially sensitive to changes in diet and routine until after Nov. 19.



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OF NOVEMBER

WORLD WAR I

In June 1914, a Serbian assassinated the heir of Austria-Hungary’s empire, prompting Austria-Hungry to declare war on Serbia. Treaties obligated other countries, prompting the participation of Germany, Russia, Great Britain, France and later, the United States.

As Russia mobilized in support of Serbia, Germany invaded neutral Belgium and Luxembourg before moving towards France, leading Britain to declare war on Germany. After the German march on Paris was halted, what became known as the Western Front settled into a battle of attrition, with a trench line that would change little until 1917. Meanwhile, on the Eastern Front, the Russian army was successful against the Austro-Hungarians, but was stopped in its invasion of East Prussia by the Germans. The war approached a resolution after the Russian government collapsed in March 1917, and a subsequent revolution in November brought the Russians to terms with the Central Powers. On 4 November 1918, the Austro-Hungarian empire agreed to an armistice.

On the eleventh hour of November 11, 1918, World War I ended after Germany was the final country to sign an armistice agreement. It was the second deadliest war in history, leaving nine million soldiers dead and 21 million wounded. Over seven million civilians died as a result of the war, a casualty rate exacerbated by the belligerents’ technological and industrial sophistication, and tactical stalemate. It was one of the deadliest conflicts in history, paving the way for major political changes, including revolutions in many of the nations involved.

~ WIKIPEDIA.COM



Public domain photos

NOVEMBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our November average daily high temperature is 8.8 C and our average low is 5.2 C, giving us a daily mean of 7 C. The highest November temperature recorded is 15 C (Nov. 4, 1975); the lowest is -7.3 C (Nov. 27, 1985).

PRECIPITATION (MERRY ISLAND)

November averages 55.8 hours of bright sunshine and 19 days with precipitation. November’s average monthly rainfall is 148.5 mm; snowfall is 2.5 cm. The highest November daily rainfall recorded at Merry Island is 50 mm (Nov. 3, 1989); snowfall is 9.6 cm (Nov. 25, 1985).



DATE/TIME - SIZE (small, medium, large, extra large),
EBB (-), FLOOD (+) - Standing wave is best on large flood (tide flowing into Sechart Inlet).

Nov. 1	12:37 pm +XL
Nov. 2	12:35 pm +XL
Nov. 3	1:21 pm +L
Nov. 4	8:24 am -M, 2:02 pm +L
Nov. 5	9:31 am -M, 2:40 pm +L
Nov. 6	10:26 am -M, 3:18 pm +L
Nov. 7	11:14 am -M, 3:56 pm +L
Nov. 8	11:57 am -M
Nov. 9	12:40 pm -M
Nov. 10	1:33 pm -M
Nov. 11	8:01 am +XL, 2:22 pm -M
Nov. 12	8:45 am +XL, 3:17 pm -M
Nov. 13	9:28 am +XL, 3:49 pm -M
Nov. 14	10:11 am +XL
Nov. 15	10:55 am +L
Nov. 16	11:38 am +L
Nov. 17	12:22 pm +L
Nov. 18	1:03 pm +L
Nov. 19	8:46 am -M, 1:42 pm +L
Nov. 20	9:38 am -M, 2:23 pm +L
Nov. 21	10:25 am -M, 2:58 pm +L
Nov. 22	11:10 am -M, 3:36 pm +L
Nov. 23	11:53 am -M
Nov. 24	12:37 pm -M
Nov. 25	1:24 pm -M
Nov. 26	7:51 am +XL, 2:22 pm -M
Nov. 27	8:34 am +XL, 3:18 pm -M
Nov. 28	9:17 am +XL
Nov. 29	10:03 am +XL
Nov. 30	10:50 am +XL

These are estimates only and not intended for navigation.

PENDER HARBOUR AQUATIC & FITNESS CENTRE

NOVEMBER

It's never too late to be active and getting started is easier than you might think.

Participate in any of the drop-in fitness programs anytime:

- Mix it Up
- FAB (Women Only)
- Boot Camp (evening 6:30)
- Boot Camp Early Riser (6:30)
- Aquafit (8 classes/week)

Why not swim?

Swimming recruits all of the major muscle groups, including the shoulders, back, abdominals, legs, hips, and glutes. And, it provides a safe environment to exercise in if you have any joint or other health issues.

Zumba

Nov 12-Dec 10, \$60
Wednesday evenings 7-8pm

Suitcase Fitness

Nov 8, Saturday 10:30-12pm
\$15
Travelling? Come learn how to build a fitness program to take with you, no equipment required.

Facility Closed

Tuesday Nov. 11

Glow Night

Nov 18, Tuesday 5-9pm
\$2 or \$5 Family
Or use your My Pass
Dark nights are here, come and have a glowing good time at the pool.

Boxing for Women

Mondays 5-6pm,
Register or drop-in.

Thank you to Telus for sponsoring the October Monster Mash event, great fun was had by all.

Pender Harbour Aquatic Society AGM

Thursday Nov 20 @ 7pm

New Board members required, please email deb.cole@scrd.ca for more information.

Thinking of Christmas?

Give the gift of health and fitness — ask us about gift certificates.



604.885.6866

phaquatic@scrd.ca

www.scrd.ca/Recreation

recreation

Healthy meal plans only work if

By Meghan Molnar

Eating a nutritious breakfast, lunch and snacks each day helps to keep your child healthy and ready to learn.

Packing healthy lunches and snacks can be challenging but with a bit of planning and patience it can be a rewarding experience for you and your kids.

LUNCH WISE

What parent hasn't had a lunch box returned only to find their child barely touched their lunch. Getting your kids involved in planning and packing their own lunch is one of the best ways to ensure they'll actually eat it. Even young children can choose from healthy options.

Lunch is a perfect opportunity to help your child develop healthy meal planning skills for life. Use Canada's Food Guide to help your children choose colourful fruits, vegetables, and a protein source. Consider variety, portability and food safety.

Communication is key — ask your children what healthy choices they love to eat for lunch, what they like to eat and what they prefer not to eat. Use this list when grocery shopping.

Here are a few ideas to get you and your children started:

- Have fresh cut vegetables in the fridge that your children can easily pack and include a healthy dip.
- Be creative with tortillas and pita pockets — have your children stuff them with their favorite salads (chicken Caesar, Greek, Mexican bean, spinach, egg etc.).
- Use leftover roast beef or chicken for sandwiches — it is much healthier than deli meats.
- Leftover noodles make great salads. Try mixing them with leftover vegetables, cheese cubes, canned chickpeas and salad dressing.

It is important that the responsibility for children's eating be divided between parents and children. Parents decide what, when, and where food is offered. Children decide whether to eat and how much food to eat, from what is offered. Kids generally eat better when they are in control of how much they eat. By sharing the responsibility for eating, children can respond to their hunger and fullness cues and enjoy mealtimes with the whole family.

As long as you offer a healthy variety of foods at regular times throughout the day, children generally get the nutrition they need.

kids eat the food



SNACK SMART

Children have smaller stomachs than adults, so they need plenty of nutritious snacks to keep them going between meals. Healthy snacks can help keep them satisfied between meals and also provide energy and important nutrients.

Think of snacks as a “mini-meal” that includes at least two of the four food groups from Canada’s Food Guide. Try these simple nutritious snack ideas:

- Crunch and munch — cheese chunks and apples or apple sauce with whole grain crackers.
- Wrap ‘n roll — whole wheat tortilla spread with cream cheese, sprinkled with grated carrot and sunflower seeds, rolled and cut into 2 cm (1 inch) pieces.
- Power-packed snack — hard boiled egg and sliced avocado, tomato or cucumber.
- Veggie dippers — veggies with a hummus dip.
- Leftover pancakes with cheese slices or nut butter.

If you have questions about supporting healthy eating in your school, email Meghan Molnar, a Vancouver Coastal Health Dietitian, who is available to work with Sunshine Coast and Powell River schools: meghan.molnar@vch.ca.

November 2014

PENDER HARBOUR COMMUNITY SCHOOL

NOVEMBER

Nutrition for Busy Parents

Mon Nov 3, 7-9pm, with Meghan Molnar, RD, Community Nutritionist, School of Music
Free presentation

Boxing for Women

Mondays to Dec 1 at the Pool for ages 12 + , drop in \$8 (space permitting), with former Provincial & National Boxing Coach Barry Krangle

Computer Café

Three Tuesdays:
Nov 4 (intro to iPad)
Nov 18 (file management)
& Nov 25 (photo management)
P. H. Community School,
1-3pm, Drop in \$10

ProD D Day Camp for Kids

Fri Nov 21, 9am-3pm, ages 5-12, at the Pool,
\$25 (family rate available)

Drop in Sports at PHSS

MON: Hockey, 7-9pm
WED: Pickleball 6:30-8:30
THURS: Soccer 7:30-9:30pm

Canadian Firearms Safety Course

Nov 14 (6-9pm)
Nov 15 (9am-5pm)
& Nov 16 (9am-3pm)
\$130 for unrestricted class,
(+ \$60 to add the restricted)
P. H. Community School

Family Music Night

Fri Nov 21, 6:30-8:30pm
P. H. School of Music

Conservation Outdoor Recreation Education

Nov 28 (6-9pm)
Nov 29 (9am-5pm)
& Nov 30 (9am-3pm)
Ages 14 + , \$160
Learn species recognition, orienteering, hunting regulations, more — pre-reading required

Check out the community contact list of non-profits & other resources at:

www.pendercommunity.ca/non_profit.php



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

Pacific white-sided dolphins return to Bargain Harbour



Story and photos by Brian Lee

In a spectacular repeat performance of an April 2010 appearance, a school of 70-plus Pacific white-sided dolphins appeared in Bargain Harbour on Oct. 9.

Pacific white-sided dolphins (*Lagenorhynchus obliquidens*) and other cetaceans have been a common sight on the Sunshine Coast these past few years and sightings this summer have been especially frequent.

In the 2010 sighting, transient orca whales were clearly herding the dolphins into the constricted shallows of Bargain Harbour.

No orca sightings were reported during this most recent encounter but according to John Ford, head of Fisheries and Oceans Canada's cetacean research program at the Pacific Biological Station in Nanaimo, that

doesn't mean they weren't there.

Ford told the *Harbour Spiel* that their behaviour — tightly milling around the shallows followed by intermittent displays of speed or “squalling” — suggests they were likely chased into the bay by unseen Bigg's (transient) orca whales.

“Sometimes it's pretty subtle and may not be obvious that they've made a kill. Sometimes it's quite dramatic with blood flying and dolphins either dead or still alive in the shallows,” says Ford.

“Their strategy is to corral them into a restricted area like a bay or small inlet and that's generally where they succeed in getting them. They can get them occasionally in open water but the success rate is really low.”

According to Ford's recently published, *Marine Mammals of British Columbia* (Royal BC Museum):

Pacific white-sided dolphins are quick to flee from approaching Bigg's killer whales, they are regularly seen near or even mixed in with groups of resident killer whales.

It's clear that they recognize the differences between these two ecotypes of killer whales and don't consider fish-eating Residents a threat.

In fact, these dolphins may harass resident killer whales on occasion, perhaps taking pieces of fish that have been broken up for sharing among the whales.

Whatever motivated these two encounters, one thing is clear — there are many more dolphins than there used to be.

The Vancouver Aquarium estimates there to be 900,000 Pacific white-sided dolphins in the North Pacific ranging from Japan across to Alaska and as far south as Baja,



Mexico.

On the BC coast, it's estimated that there are about 25,000, often found in groups of 10 to 100 animals, although some groups have been seen numbering 2,000 or more.

But the most fascinating bit of

trivia about the Pacific white-sided dolphin may be that this hasn't always been the case.

Though Pacific white-sided dolphin remains are present in First Nations middens dating back 2,000 years, they were rare in B.C. during

the 19th and 20th centuries.

According to the Vancouver Aquarium, they were first spotted by fishermen in 1956 north of Vancouver Island.

"White-sided dolphins, gener-

(Continued next page)



Pacific white-sided dolphins (cont.)

(Continued from p. 39)

ally in inshore waters, were quite rare for many decades and we don't really know why," says Ford.

Numbers of Pacific white-sided dolphins started increasing in the Central Coast and Johnstone Strait starting in the mid-1980s but Ford says they didn't start coming into the Strait of Georgia until about 1998.

"Prior to that they were basically not in the strait," he says.

As an example, Ford cites a 1969 booklet published by the Pacific Biological Station in Nanaimo that lists only 19 "reliable sightings" of the species on the entire BC coast.

"By 2012, white-sided dolphins had been reported to the BC Cetacean Sightings Network on 4,800 occasions which represents about 10 per cent of all cetacean sightings on the network database," said Ford.

Dolphins feed on small schooling fish like herring and sand lance and



it's been suggested that their long absence was related to a change in ocean temperatures and a shift in their prey distribution.

"There's really no evidence that they should have been depleted either by indirect effects or by any direct fishery so it may be conditions were better offshore and, because they're highly mobile, they just moved."

Ford says recent sightings in the Strait of Georgia of huge schools of up to 1,000 individuals seem to indi-

cate "they are doing well."

Whatever the reason for the comeback of the Pacific white-sided dolphin, it seems to parallel the apparent rebound of other marine mammals in the Strait of Georgia.

Ford suggests a good indicator of the apparent health of the local marine ecosystem is the fact that we're seeing more transient killer whales (mammal hunting whales).

"The frequency of sightings has really increased and it's because pri-



Pacific white-sided dolphins approaching the shallows near Canoe Pass.

marily their food has returned,” says Ford.

He points to a scarcity of Harbour seals 40 years ago when the study of BC killer whales began at the Pacific Biological Station.

“Harbour seals were depleted from almost a century of harvesting and a bounty program and that all ended in the late 1960s,” says Ford.

“Since then Harbour seal numbers have really rebounded, probably back to historical levels.”

Ford points to increased numbers of Steller and California sea lions found in the Strait of Georgia to offer further evidence that now is a good time to be an “apex predator.”

But it’s not just the mammal eaters that are doing well.

Humpback whales feed on small fish and invertebrates like krill and have been sighted off the entrance to Pender Harbour at least twice last month (see p. 23 for photo).

The population of humpback whales was severely depleted in the Strait of Georgia by commercial whaling efforts by the early 1900s.

The BC Cetacean Sightings Network claims that since then virtually

no humpback whales have been seen in the Strait of Georgia for 100 years.

Now, however, Ford says humpback populations are increasing by about four per cent per year on the Coast and the sightings have become much more frequent throughout the Strait of Georgia.

In 2011, the humpback whale was downlisted from “threatened” to “special concern” by the Committee on the Status of Endangered Wildlife in Canada.

Humpback whales can weigh up to 48 tons and often vacuum up as much as a ton of food per day.

Their population growth hints at a possible return to health for species occupying the lower rungs of the food chain like herring and krill.

There may still be significant threats to marine life in the Strait of Georgia but Ford sums up one secret to the return of the humpback whale and of many other marine mammals’ recent success:

“Basically, it’s the case with many animals, if you stop killing them and provide habitat, they will come back.”

PACIFIC WHITE-SIDED DOLPHIN

- Pacific white-sided dolphins are found throughout the temperate waters of the North Pacific Ocean from Japan to North America and from the coasts of Alaska down to Baja, Mexico.
- Pacific white-sided dolphins reach a length of seven to eight feet (2.1 to 2.4 m) and weigh 300 pounds (150 kg).
- They have a 12-month gestation period with calves measuring approximately 3 feet (1 m) at birth.
- The maximum age recorded for a female Pacific white-sided dolphin is 46. The oldest male recorded is 42.
- They eat herring, capelin, Pacific sardines, squid, anchovies, salmon, rockfish, pollock, hake and other small fish.



According to Dr. John Ford’s book, *Marine Mammals of BC*, ‘squalling’ is a term used to describe a dolphin pod’s rapid movement as a tight unit in a single direction because, at a distance, ‘it resembles an intense wind squall that whips the sea surface into whitecaps. In many cases, squalling dolphins are fleeing from transient killer whales, their main predators.’



community calendar

Calendar listings are provided free of charge by the Harbour Spiel. Send information to editor@harbourspiel.com by the 15th of the month.

NOVEMBER

Fri. Oct. 31.....Royal Canadian Legion No. 112 poppy campaign gets under way
Fri. Oct. 31.....P. H. Volunteer Fire Department fireworks display - Millennium Park, 7:30 p.m.
Sat. Nov. 1.....Artisans Christmas Craft Fair - P.H. Community Hall, 10 a.m. - 3 p.m.
Sat. Nov. 1.....Halloween Scramble - P. H. Golf Course, noon
Sat. Nov. 1.....P. H. Blues Society presents the "Halloween Howl" - P. H. Community Hall, 8:30 p.m.
Sun. Nov. 2.....Sunday Jam: Steve Kozak's West Coast All-Stars, Garden Bay Pub, 2 p.m.
Mon. Nov. 3.....P. H. Food Bank pickup - P. H. Community Church, noon
Tues. Nov. 4.....P. H. Women's Connection presents guest speaker Len Lee - P. H. School of Music, 10 a.m.
Thurs. Nov. 6.....Harbourside Friendships guest speaker Shendra Hanney - P. H. Community Hall, 10:30 a.m.
Sat. Nov. 8.....13th annual Rotary Club of Pender Harbour Art Auction & Dinner - Royal Canadian Legion No. 112, 6 p.m.
Sun. Nov. 9.....P. H. Lions Remembrance Day Pancake breakfast - P. H. Lions Park, 9 a.m. - noon
Sun. Nov. 9.....Sunday Jam: Steve Hinton and the Hinton Hart Band, Garden Bay Pub, 2 p.m.
Tues. Nov. 11.....Remembrance Day ceremony - R. C. Legion No. 112, 11 a.m.
Thurs. Nov. 13.....Harbourside Friendships "Writer's Corner and Book Talk" - P. H. Community Hall, 10:30 a.m.
Sat. Nov. 15.....GBP presents Cannery Row - Garden Bay Pub, 8 p.m.
Sun. Nov. 16.....Author Frank White launches *That Went By Fast: My First Hundred Years* - P. H. School of Music, 2 p.m.
Sun. Nov. 16.....Sunday Jam: Cannery Row, Garden Bay Pub, 2 p.m.
Mon. Nov. 17.....P. H. Food Bank pickup - P. H. Community Church, noon
Tues. Nov. 18.....P. H. Wildlife Society presents guest speaker John Dafoe - PHSS, 7 p.m.
Thurs. Nov. 20.....Harbourside Friendships guest speaker Chuck Bertrand - P. H. Community Hall, 10:30 a.m.
Thurs. Nov. 20.....P. H. Aquatic Society annual general meeting - PHAFC, 7 p.m.
Fri. Nov. 21.....P. H. Community School Pro-D Day Day Camp for Kids - P. H. Aquatic and Fitness Centre, 9 a.m.-3 p.m.
Fri. Nov. 21.....P. H. Community School Family Music Night - P. H. School of Music, 6:30 p.m.
Sat. Nov. 22.....First Annual "Cold Turkey Shoot" P. H. Golf Course, 10:30 a.m.
Sat. Nov. 22.....P. H. Community Club Christmas Craft Fair - P. H. Community Hall, 10 a.m.
Sun. Nov. 23.....Sunday Jam: Simon Paradis with special guest Karen Graves, Garden Bay Pub, 2 p.m.
Mon. Nov. 24.....P.H. Health Centre Auxiliary general meeting - P. H. School of Music, 1 p.m.
Tues. Nov. 25.....P. H. Women's Connection presents guest speaker Mike Ryan - P. H. School of Music, 10 a.m.
Wed. Nov. 26.....P. H. Reading Centre presents author Luman Coad - P. H. School of Music, 1:30 p.m.
Thurs. Nov. 27.....December 2014 issue of the *Harbour Spiel* hits mailboxes
Thurs. Nov. 27.....Harbourside Friendships "Chinese theme" - P. H. Community Hall, 10:30 a.m.
Sat. Nov. 29.....Alan Moberg performance - Egmont Community Hall, 7 p.m.
Sun. Nov. 30.....102nd Grey Cup party and Sunday Jam w/ Peter Van B3 - Garden Bay Pub

FERRY DEPARTURES

~ Effective to Dec. 20 ~

Crossing time: Langdale 40 min./Earl's Cove 50 min. Ticket sales end 10 min. before sailing for foot passengers, 5 min. before for vehicles. See www.bcferries.com for information on added sailings during peak periods.

HORSESHOE BAY

7:20 a.m. - Daily except Sun.
7:30 a.m. - Sun. only
9:20 a.m. - Daily except Sun.
10:10 a.m. - Sun. only
11:20 a.m. - Daily except Sun.
12:40 p.m. - Sun. only
1:20 p.m. - Daily except Sun.
3:30 p.m.
5:30 p.m.
7:25 p.m.
9:15 p.m.

LANGDALE

6:20 a.m.
8:20 a.m. - Daily except Sun.
8:50 a.m. - Sun. only
10:20 a.m. - Daily except Sun.
11:30 a.m. - Sun. only
12:20 p.m. - Daily except Sun.
2:30 p.m.
4:30 p.m.
6:30 p.m.
8:20 p.m.

EARLS COVE

6:30 a.m. - Daily except Sun.
7:00 a.m. - Sun. only
8:25 a.m. - Daily except Sun.
9:00 a.m. - Sun. only
10:25 a.m. - Daily except Sun.
10:55 a.m. - Sun. only
12:20 p.m. - Daily except Sun.
4:30 p.m.
6:30 p.m.
10:05 p.m.

SALTERTY BAY

5:35 a.m. - Daily except Sun.
6:00 a.m. - Sun. only
7:25 a.m. - Daily except Sun.
8:00 a.m. - Sun. only
9:25 a.m. - Daily except Sun.
9:55 a.m. - Sun. only
11:20 a.m. - Daily except Sun.
3:25 p.m.
5:30 p.m.
9:00 p.m.



"The broccoli says 'I look like a small tree,' the mushroom says 'I look like an umbrella,' the walnut says 'I look like a brain,' and the banana says 'Can we please change the subject?'"

~ Anonymous

Harbour Spiel



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PENDER HARBOUR FALL FAIRE

THE MEMBERS OF THE PENDER HARBOUR FALL FAIRE SOCIETY
WOULD LIKE TO EXTEND THEIR APPRECIATION TO THE SPONSORS
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| • Mountainview Service | • P. H. Automotive & Tire |
| • Crossroads Grill | • RONA Sunshine Coast |
| • Stonewater Motel | • Royal Cdn. Legion #112 |

We would also like to thank **Karen Purnell** for baking and donating all the cookies for the cookie contest, **Bill Purnell** for letting us use his truck for the hay ride. A huge thank you to **Justin Noel** and **Rob Fowlie** for driving the hay ride, **Clint Roberts**, **Rob Mcewan**, and **Rick Vere** for helping with setup and takedown. We would also like to thank **Kristy Roberts** for photographing the day, **Skinny Jimmy's group** and **Teal Loverock** for their entertainment. Also to the **countless community members** who supported us as well as all the volunteers that participated.

Congratulations to our raffle winners:

FIRST: **Moni Langham**

SECOND: **Garry Gordon**

THIRD: **Colleen Sigurdson**

FOURTH: **Rhonda Nichols**

Thank You!

Dry Mouth

Dry mouth, or xerostomia, is a persistent feeling that there is not enough saliva in your mouth. Saliva is essential for keeping your mouth lubricated and healthy. It cleanses your mouth, helps you swallow and talk and aids in digestion and taste.

Xerostomia affects one in five North Americans and can lead to serious consequences in the mouth including rampant tooth decay, bad breath, accelerated periodontal disease (bone loss) and infection, as well as difficulty swallowing.

Saliva acts to protect the teeth and gums by washing away food and plaque. In the dental office, we see many cases of dry mouth leading to cavities which, once they start, are hard to fix and often lead to the loss of teeth. We have seen many patients lose ALL of their teeth due to the effects of dry mouth.

Medications are the main cause of reduced saliva flow. The most common being those for high blood pressure, pain (particularly opiates), allergies, acid reflux and anti-psychotics/antidepressants.

Dry mouth self assessment:

- ☒ Does your mouth feel consistently dry?
- ☒ Do you feel self conscious about bad breath?
- ☒ Do you drink water, eat crushed ice or drink other fluids just to moisten your mouth?
- ☒ Do you wake up with a dry mouth?
- ☒ Does your dry mouth affect talking, eating or swallowing?

If you answered "yes" to some of these questions, then your dentist should assess you for dry mouth. If you know you could be at risk, take action now to prevent the annoying and embarrassing symptoms as well as the oral health problems caused by dry mouth.

As always, call your local dental professionals at Pender Harbour Dental if you have any questions or would like to book an assessment with our dental team.



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Join us for the 102nd Grey Cup on Nov. 30 for live music and Canadian football!

Live Music Weekly

NOV. 2: Steve Kozak's Westcoast All-Stars (2 p.m.)
NOV. 9: Steve Hinton & the Hinton Hart Band (2 p.m.)
NOV. 15: Cannery Row (8 p.m.)
NOV. 16: Cannery Row (2 p.m.)
NOV. 23: Simon Paradis w/ Karen Graves (2 p.m.)
NOV. 30: Peter Van B3 (2 p.m.)

NHL Gameday Giveaway

Join us for the games and enter to win a
3 DAY, 2 NIGHT TRIP FOR TWO TO LAS VEGAS!
(w/ purchase of any domestic beer or appy)

Menu specials – Families welcome!

FRIDAYS: Meat Draw (5 p.m.)
SATURDAYS: Baron of Beef & Apple pie - \$19.95
SUNDAYS: Eggs Benny (until 2 p.m.)



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